

(TMI Focus, Vol. XVI, No. 3, Summer 1994)

## SPOTLIGHT ON MEMBERS: THE BIRTH OF USING THE WHOLE BRAIN

by Ronald Russell, MA

*It's especially fitting that Ronald (Russ) Russell should inaugurate this new FOCUS feature. Russ and his wife, Jill, have been members of The Monroe Institute Professional Division since 1987 and also serve on our Board of Advisors. In the following account, Russ describes the beginnings of their association with TMI and their determined efforts to disseminate Hemi-Sync® in Great Britain. In the course of these efforts, they realized there was a need for a concise collection of accounts describing practical, everyday applications of the Monroe sound technology. From identification of the need, Russ moved to action. Over a period of three years, he collated and edited existing materials and solicited original contributions. His work culminated in the publication of Using the Whole Brain in early 1994. Russ generously donated this book and all proceeds to TMI. So, enjoy Russ's story and look for more accounts of member contributions and creativity in future issues.*

In 1985, I retired from teaching. As Jill and I have sisters living in the United States, one in New Jersey and the other in North Carolina, we decided to take a month off in 1986 to visit them. A few weeks before we were due to fly we met, not by chance, a Cambridge couple—let's call them "J" and "P." They had just returned from a *GATEWAY VOYAGE*® and several sessions of exploration in the lab at The Monroe Institute. "Whatever else you do," they insisted, "you must go to The Monroe Institute." So—and anyone who remembers J and P will understand why—we did.

For three days I was totally at a loss. Here were all these people, including Jill, reporting their experiences. Here was I, lying down, listening to sounds, getting up, and wondering what I was doing there. I might be touring the U.S.A., seeing all the wonderful sights of which I had read in the travel agent's brochures. Then... wham! In a Free Flow tape, something seemed to explode inside my head. Later I found myself weeping in the arms of a fellow *VOYAGE* participant, an anesthesiologist. Things were never the same again.

Every year since, we have returned to the Institute for programs and the annual Professional Seminars. Jill and I took the third *H-PLUS*® intensive, two *GUIDELINES*®, and the third *LIFELINE*® program. We gave two Seminar presentations, joined the Inner Circle, and were invited onto the Board of Advisors. Back home, we devised courses and workshops using Hemi-Sync and ran an *H-PLUS* lending library. Following Bob Monroe's advice, we never advertised, but people always came. We introduced Hemi-Sync to various professional bodies as well as to very many individuals and carried on a large correspondence. Our relatives

tolerated all this, smiling kindly from time to time, while our children considered we were going through a slightly disturbing midlife crisis.

One of the things that bothered me from the beginning of our association with TMI was the lack of substantial printed information. There were Bob's books, of course, and many people contacted us after reading them. However, they did not deal with the more practical, everyday applications of the Hemi-Sync technology. There were brochures and TMI's own publications, but these were still not enough. What was missing was a book which was easily accessible and which carried accounts both by professionals using Hemi-Sync with their patients and clients and by those who used Hemi-Sync for their own personal development. As the author of several books, with some editorial experience, I reckoned this was a job for me.

At the 1990 Professional Seminar, therefore, the project which culminated in the publication in January 1994 of *Using the Whole Brain* was launched. It was some time before it left the harbor, but eventually consent forms for the use of material from The TMI FOCUS, BREAKTHROUGH and The HEMI-SYNC JOURNAL (formerly BREAKTHROUGH) began to arrive. Transcriptions of seminar presentation tapes were completed and specially written articles by a variety of contributors appeared in the mail. All the items were edited—I had to teach myself American spelling—with brief introductions to each, and organized into sections dealing with body, mind, and spirit, scientific and technical, and OUTREACH. The publishers, Hampton Roads, could not have been more cooperative or expeditious, despite the fact that no fewer than four disks were wiped out en route from Cambridge, England, to Norfolk, Virginia!

The intention behind *Using the Whole Brain* was to produce a book designed for anyone, whether course participant, casual tape purchaser, or member of the general public, curious to know more about human potential. It was not meant to take the place of scientific papers—still greatly needed—or detailed personal accounts, such as the recent OMNI article [reprints available], but to provide an overview of the practical applications of the Hemi-Sync process. As such, the emphasis was on presenting a variety of information in a readable style, in the hope that more and more people would be encouraged, as Bob puts it, to "go find out" for themselves.

Well, what have we found out? Firstly, that the simple, elegant process known as hemispheric synchronization works. Secondly, that exposure to Hemi-Sync can lead to such increase in awareness and perception as to change one's whole attitude toward life. And thirdly, that the investigation of consciousness by means of this "inner technology" is turning out to be one of the great advances in human understanding. Not bad for a handful of audio cassettes... but never forget the inspiration, the dedication, and the hundreds of hours of work behind each one of them.

And for the future? We would like to see more folks from Europe taking courses at TMI, but the course fees, plus transatlantic fares, are frequently more than most of those who attend our workshops can afford. Later this year we plan to move to New Galloway, in southwest Scotland. We hope to run short residential courses from time to time—designed to give participants a thorough grounding in Hemi-Sync, including *H-PLUS*, in a setting whose natural beauty is comparable to the New Land. We look forward to working with the new *GO/ING HOME*® series and to other new tapes and products from TMI. Above all, we anticipate continuing and enriching our friendship with all those we have met in Virginia and to welcoming as many of them as can make their way to our new home.

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